



# Test your knowledge and understanding

This page is designed to test your understanding of the concepts covered in this issue and to give you an opportunity to reflect on what you have learnt. The multiple true/false questions were produced in collaboration with the International Council of Ophthalmology (ICO) and the Diagnose This quiz is provided courtesy of the Ophthalmic News and Education (ONE®) Network of the American Academy of Ophthalmology.

1. Think about undernutrition and vitamin A deficiency		True	False
a	Both disease and infection contribute to undernutrition and stunting.	<input type="checkbox"/>	<input type="checkbox"/>
b	The children who actually show the eye signs of vitamin A deficiency should be our main concern.	<input type="checkbox"/>	<input type="checkbox"/>
c	Children with vitamin A deficiency may go blind, but are not at increased risk of death.	<input type="checkbox"/>	<input type="checkbox"/>
d	Even if a family has enough vitamin A-rich foods, children may still be deficient.	<input type="checkbox"/>	<input type="checkbox"/>
2. Think about the sources of vitamin A		True	False
a	Meat and liver are both good animal sources of vitamin A.	<input type="checkbox"/>	<input type="checkbox"/>
b	Sunlight can destroy vitamin A.	<input type="checkbox"/>	<input type="checkbox"/>
c	For children younger than 12 months, breast milk alone provides enough vitamin A.	<input type="checkbox"/>	<input type="checkbox"/>
d	Adding fat to the diet aids absorption of vitamin A.	<input type="checkbox"/>	<input type="checkbox"/>
3. Think about the eye signs of vitamin A deficiency		True	False
a	Children usually develop night blindness first and only later develop corneal ulcers.	<input type="checkbox"/>	<input type="checkbox"/>
b	Children with Bitot's spots are not necessarily vitamin A deficient.	<input type="checkbox"/>	<input type="checkbox"/>
c	The eye signs of vitamin A deficiency are usually bilateral (in both eyes).	<input type="checkbox"/>	<input type="checkbox"/>
d	Children with night blindness tend to become more active at night.	<input type="checkbox"/>	<input type="checkbox"/>

## ANSWERS

**1.a. True, b. True, c. True, d. False.** Mothers describe their children as becoming less active at night. ulcers when infection or diarrhoea depletes the liver stores of vitamin A, causing acute deficiency. **2.a. False, b. True, c. False, d. True.** Liver is a good source, but meat (the muscle) is not a good source. From 6 months, children need both breast milk and vitamin A-rich foods. **3.a. False, b. True, c. False, d. True.** A child who is vitamin A deficient, but who does not have any of the eye signs, may develop corneal ulcers. Bitot's spots are not necessarily vitamin A deficient. **4. True.** Children with night blindness tend to become more active at night.

## Time to reflect

**1** How relevant to your day-to-day work was the material covered in this issue of the *Community Eye Health Journal*?

**Extremely relevant, relevant, neither relevant nor irrelevant, irrelevant, extremely irrelevant** (circle as appropriate)

**2** How much of what you read in this issue was new to you? Please give a percentage:

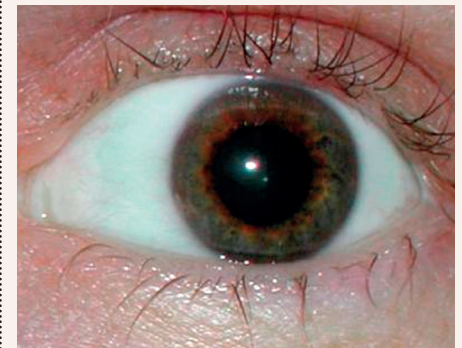
**3** As a result of reading this issue, will you be changing your practice/teaching/leadership/policies/management?

**Yes/No** (circle as appropriate)

**4** If "Yes", give examples of planned changes in the space provided, or in your own continued professional development (CPD) diary.

## Diagnose This quiz

A patient presents with a dilated pupil, depicted in the figure; 45 minutes after instillation of 1% pilocarpine, it remains unchanged. What is the most likely diagnosis?



- ☐ Tonic (Adie) pupil  
☐ Pharmacologic dilation  
☐ Horner syndrome  
☐ Third cranial nerve palsy

## ANSWER

**Pharmacologic dilation.** The figure depicts a dilated pupil that was unaffected by 1% pilocarpine. The 1% pilocarpine test distinguishes all causes of pathologic pupillary dilation from pharmacologic dilation. Generally a pharmacologically dilated pupil will not constrict to 1% pilocarpine, whereas tonic pupils, third nerve palsy pupils, and Horner syndrome pupils will constrict. Horner syndrome also causes miosis in the affected eye. With dilute pilocarpine (e.g., 0.1%), a tonic pupil will demonstrate denervation supersensitivity and constriction.

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